

## Potato Wedges<sup>10</sup>

Number of Servings: 10 (75.13 g per serving)

Amount	Measure	Ingredient
26 1/2	oz	Potato Wedges, fzn, USDA

### Nutrients per serving

Nutrition Facts			
Serving Size (75g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	--g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	2g		
Vitamin A 0%		Vitamin C 15%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Bake potato wedges according to package directions.

Serve 1/2 c per serving

1/2 c (#8 scoop) = 1 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 135 or higher for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.